

**SUPPLEMENTAL TABLE 1.** Usual intakes from NHANES 2003–2006 compared to DRI from naturally occurring nutrients, enrichment/fortification, and dietary supplements in individuals aged 2–18 y<sup>1,2</sup>

Age	Usual Intake Mean $\pm$ SEM	Percentiles					<EAR % $\pm$ SEM	$\geq$ UL % $\pm$ SEM
		10	25	50	75	90		
Vitamin D <sup>3</sup> , $\mu$ g/d								
Naturally occurring	1.7 $\pm$ 0.04	0.7	1.0	1.5	2.1	2.9	100 $\pm$ 0	0.0 $\pm$ 0.0
+ enriched/fortified	6.1 $\pm$ 0.1	2.3	3.5	5.4	7.9	10.9	86.8 $\pm$ 1.0	0.0 $\pm$ 0.0
+ dietary supplements	8.3 $\pm$ 0.3	2.5	3.9	6.3	10.5	15.5	73.2 $\pm$ 1.4	0.2 $\pm$ 0.1
Calcium <sup>3</sup> , mg/d								
Naturally occurring	963 $\pm$ 11	537	696	911	1172	1456	52.5 $\pm$ 1.1	0.0 $\pm$ 0.0
+ enriched/fortified	1025 $\pm$ 13	568	736	968	1251	1552	47.2 $\pm$ 1.1	0.1 $\pm$ 0.05
+ dietary supplements	1052 $\pm$ 14	578	751	989	1283	1601	45.3 $\pm$ 1.1	0.2 $\pm$ 0.2
Vitamin A, $\mu$ g RAE/d								
Naturally occurring	377 $\pm$ 6	192	257	348	466	600	56.7 $\pm$ 1.0	0.2 $\pm$ 0.1
+ enriched/fortified	604 $\pm$ 11	287	396	554	756	982	27.8 $\pm$ 0.9	5.7 $\pm$ 0.5
+ dietary supplements	855 $\pm$ 32	301	426	630	1005	1565	24.5 $\pm$ 0.9	15.2 $\pm$ 0.7
Vitamin C, mg/d								
Naturally occurring	66.2 $\pm$ 1.5	23.9	36.9	57.2	85.5	120	28.2 $\pm$ 1.0	0.0 $\pm$ 0.0
+ enriched/fortified	84.8 $\pm$ 1.9	31.4	47.9	73.6	109	152	19.2 $\pm$ 1.0	0.0 $\pm$ 0.0
+ dietary supplements	117 $\pm$ 3	34.2	53.5	86.0	134	203	16.2 $\pm$ 0.9	0.5 $\pm$ 0.1
Vitamin E, mg AT/d								
Naturally occurring	5.7 $\pm$ 0.1	3.2	4.1	5.4	6.9	8.6	84.6 $\pm$ 0.7	0.0 $\pm$ 0.0
+ enriched/fortified	5.9 $\pm$ 0.1	3.2	4.2	5.6	7.2	9.1	81.4 $\pm$ 0.8	0.0 $\pm$ 0.0
+ dietary supplements	11.0 $\pm$ 0.7	3.4	4.6	6.4	10.2	20.6	65.6 $\pm$ 1.2	0.1 $\pm$ 0.1
Thiamin, mg/d								
Naturally occurring	0.8 $\pm$ 0.01	0.5	0.6	0.8	1.0	1.2	35.2 $\pm$ 1.0	

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+ enriched/fortified	1.6 ± 0.02	1.0	1.3	1.6	2.0	2.4	2.0 ± 0.2	
+ dietary supplements	2.1 ± 0.1	1.0	1.3	1.7	2.3	3.0	1.8 ± 0.2	
Riboflavin, mg/d								
Naturally occurring	1.6 ± 0.02	0.9	1.2	1.5	1.9	2.4	6.4 ± 0.5	
+ enriched/fortified	2.2 ± 0.02	1.3	1.7	2.1	2.7	3.3	1.1 ± 0.2	
+ dietary supplements	2.7 ± 0.1	1.4	1.7	2.3	3.1	4.0	0.9 ± 0.2	
Niacin <sup>5</sup> , mg/d								
Naturally occurring	13.9 ± 0.2	8.0	10.2	13.1	16.8	20.8	10.4 ± 0.9	-
+ enriched/fortified	21.9 ± 0.3	13.1	16.4	20.9	26.3	32.2	0.8 ± 0.2	3.7 ± 0.3
+ dietary supplements	25.6 ± 0.6	13.7	17.4	22.8	30.1	38.3	0.7 ± 0.2	15.8 ± 0.8
Vitamin B-6, mg/d								
Naturally occurring	1.3 ± 0.02	0.8	1.0	1.2	1.6	1.9	10.0 ± 0.7	0.0 ± 0.0
+ enriched/fortified	1.8 ± 0.03	1.0	1.3	1.7	2.1	2.6	3.8 ± 0.4	0.0 ± 0.0
+ dietary supplements	2.3 ± 0.1	1.1	1.4	1.9	2.5	3.5	3.3 ± 0.4	0.2 ± 0.1
Vitamin B-12, µg/d								
Naturally occurring	4.3 ± 0.1	2.3	3.0	4.0	5.2	6.6	2.4 ± 0.4	
+ enriched/fortified	5.6 ± 0.1	2.9	3.8	5.1	6.8	8.7	1.1 ± 0.2	
+ dietary supplements	7.4 ± 0.3	3.0	4.1	5.9	8.4	11.3	1.0 ± 0.2	
Folate <sup>4</sup> , µg DFE/d								
Naturally occurring	159 ± 2	91	116	151	192	237	79.8 ± 0.6	—
+ enriched/fortified	550 ± 7	313	400	520	667	826	4.1 ± 0.4	4.0 ± 0.4
+ dietary supplements	687 ± 17	328	429	579	812	1119	3.6 ± 0.4	14.9 ± 0.8
Phosphorus, mg								
Naturally occurring	1257 ± 13	787	972	1211	1494	1787	17.6 ± 0.8	0.0 ± 0.0
+ enriched/fortified	1280 ± 14	796	987	1233	1522	1823	16.8 ± 0.8	0.0 ± 0.0
+ dietary supplements	1289 ± 14	805	994	1242	1532	1835	16.5 ± 0.7	0.0 ± 0.0

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Magnesium <sup>5</sup> , mg/d								
Naturally occurring	229 ± 2	142	176	220	273	329	37.0 ± 0.9	—
+ enriched/fortified	236 ± 2	143	179	226	283	343	35.5 ± 0.9	0.1 ± 0.03
+ dietary supplements	242 ± 3	145	182	231	290	353	33.9 ± 0.9	0.2 ± 0.1
Iron <sup>6</sup> , mg/d								
Naturally occurring	8.4 ± 0.1	5.6	6.9	8.2	9.8	11.4	39.4 ± 0.6	0.0 ± 0.0
+ enriched/fortified	15.3 ± 0.2	9.2	11.5	14.6	18.3	22.3	2.1 ± 0.2	0.0 ± 0.0
+ dietary supplements	17.4 ± 0.2	9.5	12.0	15.5	20.5	27.8	1.8 ± 0.2	1.2 ± 0.2
Zinc, mg/d								
Naturally occurring	9.8 ± 0.1	6.1	7.4	9.3	11.7	14.3	10.5 ± 0.8	9.8 ± 0.7
+ enriched/fortified	11.5 ± 0.1	6.9	8.6	10.8	13.7	16.8	6.5 ± 0.6	18.0 ± 0.8
+ dietary supplements	13.1 ± 0.2	7.1	8.9	11.6	15.4	21.2	5.7 ± 0.5	23.5 ± 0.9
Copper, µg/d								
Naturally occurring	1.1 ± 0.01	0.7	0.8	1.0	1.3	1.5	3.0 ± 0.3	2.6 ± 0.3
+ enriched/fortified	1.1 ± 0.01	0.7	0.8	1.0	1.3	1.6	3.0 ± 0.3	2.9 ± 0.3
+ dietary supplements	1.3 ± 0.02	0.7	0.9	1.1	1.4	2.2	2.8 ± 0.3	5.4 ± 0.4
Selenium, mg/d								
Naturally occurring	95.7 ± 0.9	58.7	72.8	91.6	114	138	0.4 ± 0.1	2.8 ± 0.3
+ enriched/fortified	96.4 ± 1.0	59.3	73.6	92.4	115	139	0.4 ± 0.1	2.9 ± 0.3
+ dietary supplements	97.6 ± 1.1	59.6	73.8	92.9	116	141	0.4 ± 0.1	3.0 ± 0.3
							<b>&gt;AI % ± SEM</b>	
<b>Nutrients with an AI</b>								
Potassium <sup>3</sup> , mg/d								
Naturally occurring	2288 ± 29	1421	1764	2209	2726	3257	2.2 ± 0.3	
+ enriched/fortified	2301 ± 28	1425	1774	2223	2741	3281	2.4 ± 0.3	
+ dietary supplements	2300 ± 27	1430	1775	2222	2737	3273	2.3 ± 0.3	
Vitamin K, µg/d								

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Naturally occurring	55.8 ± 1.0	26.0	35.3	49.4	69.1	93.3	37.1 ± 1.3
+ enriched/fortified	56.2 ± 1.1	25.9	35.4	49.7	69.6	94.2	37.6 ± 1.4
+ dietary supplements	57.0 ± 1.1	26.2	35.7	50.2	70.7	96.0	38.6 ± 1.4

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<sup>1</sup>Data source: NHANES 2003–2006; *n* = 7,250.

<sup>2</sup>Usual intake determined using the NCI method; covariates included recall number, weekday/weekend day, and dietary supplement use (yes/no).

<sup>3</sup>Nutrient identified by 2010 Dietary Guidelines Advisory Committee as being a nutrient of public health concern.

<sup>4</sup>Total dietary folate equivalent (folate from supplements multiplied by 1.7 and folic acid added from fortification and enrichment multiplied by 1.7 summed with naturally occurring food folate); UL values are for folic acid.

<sup>5</sup>UL values are for added/supplemental sources only (naturally occurring food sources not included).

<sup>6</sup>EAR values determined by probability method.

**SUPPLEMENTAL TABLE 2.** Usual intakes from NHANES 2003–2006 Compared to DRI from naturally occurring nutrients, enrichment/fortification, and dietary supplements in individuals aged  $\geq 19$  y<sup>1,2</sup>

Age	Usual Intake Mean $\pm$ SEM	Percentiles					<EAR % $\pm$ SEM	$\geq$ UL % $\pm$ SEM
		10	25	50	75	90		
Vitamin D <sup>3</sup> , $\mu$ g/d								
Naturally occurring	2.0 $\pm$ 0.04	0.8	1.2	1.8	2.6	3.5	100.0 $\pm$ 0	0.0 $\pm$ 0.0
+ enriched/fortified	4.5 $\pm$ 0.1	1.6	2.5	3.9	5.8	8.1	95.4 $\pm$ 0.5	0.0 $\pm$ 0.0
+ dietary supplements	8.1 $\pm$ 0.2	1.9	3.1	5.8	12.1	16.6	68.3 $\pm$ 0.9	0.1 $\pm$ 0.1
Calcium <sup>3</sup> , mg/d								
Naturally occurring	856 $\pm$ 9	459	602	801	1049	1324	54.9 $\pm$ 0.9	0.2 $\pm$ 0.04
+ enriched/fortified	911 $\pm$ 10	487	640	853	1118	1410	49.4 $\pm$ 1.0	0.3 $\pm$ 0.07
+ dietary supplements	1105 $\pm$ 11	540	729	1004	1367	1789	35.7 $\pm$ 0.8	3.2 $\pm$ 0.3
Vitamin A, RAE								
Naturally occurring	424 $\pm$ 6	218	291	392	522	668	80.1 $\pm$ 1.2	0.0 $\pm$ 0.0
+ enriched/fortified	600 $\pm$ 9	285	394	550	751	978	51.0 $\pm$ 1.2	0.0 $\pm$ 0.0
+ dietary supplements	1061 $\pm$ 23	307	445	713	1435	2028	37.3 $\pm$ 1.2	1.1 $\pm$ 0.2
Vitamin C, mg/d								
Naturally occurring	74.4 $\pm$ 1.4	27.8	42.3	64.8	96.0	133	52.0 $\pm$ 1.4	0.0 $\pm$ 0.0
+ enriched/fortified	85.4 $\pm$ 1.5	32.1	48.7	74.3	110	153	42.9 $\pm$ 1.4	0.0 $\pm$ 0.0
+ dietary supplements	212 $\pm$ 9	37.6	61.8	107	188	554	28.3 $\pm$ 1.2	0.7 $\pm$ 0.1
Vitamin E, mg AT/d								
Naturally occurring	6.8 $\pm$ 0.1	3.9	4.9	6.4	8.2	10.1	96.2 $\pm$ 0.5	0.0 $\pm$ 0.0
+ enriched/fortified	7.2 $\pm$ 0.1	4.0	5.2	6.8	8.7	10.9	93.9 $\pm$ 0.6	0.0 $\pm$ 0.0
+ dietary supplements	46.5 $\pm$ 1.8	4.4	6.0	9.2	29.8	95.9	58.4 $\pm$ 0.9	0.1 $\pm$ 0.1
Thiamin, mg								
Naturally occurring	0.9 $\pm$ 0.01	0.6	0.7	0.9	1.1	1.4	56.3 $\pm$ 1.2	
+ enriched/fortified	1.7 $\pm$ 0.01	1.0	1.2	1.6	2.0	2.5	7.2 $\pm$ 0.6	
+ dietary supplements	5.5 $\pm$ 0.2	1.1	1.4	2.0	3.0	5.8	5.1 $\pm$ 0.4	
Riboflavin, mg/d								
Naturally occurring	1.7 $\pm$ 0.02	1.0	1.3	1.7	2.1	2.6	9.6 $\pm$ 0.6	

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+ enriched/fortified	2.3 ± 0.02	1.3	1.6	2.1	2.8	3.4	2.4 ± 0.3	
+ dietary supplements	5.6 ± 0.02	1.4	1.9	2.7	4.0	6.8	1.9 ± 0.2	
Niacin <sup>5</sup> , mg/d								
Naturally occurring	18.5 ± 0.2	10.8	13.6	17.5	22.5	27.6	11.7 ± 1.4	-
+ enriched/fortified	25.1 ± 0.3	14.8	18.5	23.8	30.4	37.1	2.0 ± 0.5	0.0 ± 0.0
+ dietary supplements	37.3 ± 0.7	16.2	21.2	29.6	41.2	55.8	1.4 ± 0.4	8.5 ± 0.4
Vitamin B-6, mg/d								
Naturally occurring	1.6 ± 0.01	1.0	1.2	1.5	2.0	2.4	25.5 ± 1.3	0.0 ± 0.0
+ enriched/fortified	2.0 ± 0.02	1.1	1.4	1.8	2.4	3.0	15.1 ± 1.2	0.0 ± 0.0
+ dietary supplements	6.9 ± 0.3	1.2	1.6	2.4	4.2	8.1	9.8 ± 0.9	1.4 ± 0.2
Vitamin B-12, µg/d								
Naturally occurring	4.3 ± 0.1	2.2	2.9	4.0	5.4	6.9	7.2 ± 0.7	
+ enriched/fortified	5.2 ± 0.1	2.6	3.5	4.8	6.5	8.5	3.9 ± 0.5	
+ dietary supplements	30.1 ± 1.9	2.9	4.2	6.6	12.4	31.1	2.7 ± 0.4	
Folate, µg <sup>4</sup>								
Naturally occurring	213 ± 2	124	157	202	257	315	90.9 ± 0.5	—
+ enriched/fortified	540 ± 5	301	388	508	658	820	12.8 ± 0.7	0.0 ± 0.0
+ dietary supplements	800 ± 12	330	444	649	1060	1386	9.0 ± 0.6	2.6 ± 0.2
Phosphorus, mg/d								
Naturally occurring	1308 ± 10	787	984	1251	1573	1909	2.0 ± 0.3	0.0 ± 0.0
+ enriched/fortified	1342 ± 10	805	1010	1284	1613	1957	1.8 ± 0.3	0.0 ± 0.0
+ dietary supplements	1360 ± 11	818	1025	1303	1635	1981	1.6 ± 0.2	0.0 ± 0.0
Magnesium <sup>5</sup> , mg/d								
Naturally occurring	278 ± 2	170	211	266	332	401	66.3 ± 1.1	—
+ enriched/fortified	290 ± 3	174	218	277	348	422	60.9 ± 1.2	0.0 ± 0.0
+ dietary supplements	332 ± 3	185	236	308	396	497	48.3 ± 1.2	2.2 ± 0.3
Iron <sup>6</sup> , mg/d								
Naturally occurring	10.3 ± 0.1	6.5	7.9	9.9	12.2	14.6	23.1 ± 0.4	0.0 ± 0.0
+ enriched/fortified	16.0 ± 0.1	9.5	11.9	15.2	19.2	23.6	7.8 ± 0.3	0.04 ± 0.1
+ dietary supplements	19.9 ± 0.3	10.0	12.7	16.9	23.9	33.1	6.1 ± 0.2	2.2 ± 0.2
Zinc, mg/d								
Naturally occurring	11.2 ± 0.1	6.7	8.3	10.6	13.6	16.7	16.8 ± 1.0	0.0 ± 0.0

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+ enriched/fortified	12.3 ± 0.1	7.2	9.0	11.6	14.9	18.4	11.9 ± 0.8	0.0 ± 0.0
+ dietary supplements	18.0 ± 0.3	7.7	10.2	14.6	23.3	30.5	8.8 ± 0.7	3.3 ± 0.3
Copper, µg/d								
Naturally occurring	1.3 ± 0.01	0.8	1.0	1.2	1.5	1.8	5.4 ± 0.7	0.0 ± 0.0
+ enriched/fortified	1.3 ± 0.01	0.8	1.0	1.3	1.6	1.9	4.7 ± 0.6	0.0 ± 0.0
+ dietary supplements	1.9 ± 0.03	0.8	1.1	1.5	2.5	3.5	4.0 ± 0.5	0.2 ± 0.1
Selenium, mg/d								
Naturally occurring	109 ± 1	66	82	105	132	160	1.1 ± 0.2	0.0 ± 0.0
+ enriched/fortified	110 ± 1	67	83	106	133	160	1.1 ± 0.2	0.0 ± 0.0
+ dietary supplements	126 ± 1	70	88	115	149	191	0.9 ± 0.2	0.14 ± 0.4
<b>Nutrients with an Adequate Intake (AI)</b>							<b>&gt;AI</b>	
							<b>% ± SEM</b>	
Potassium <sup>3</sup> , mg/d								
Naturally occurring	2695 ± 20	1660	2069	2602	3222	3856	2.2 ± 0.2	
+ enriched/fortified	2717 ± 20	1672	2084	2623	3249	3886	2.4 ± 0.2	
+ dietary supplements	2740 ± 20	1681	2099	2643	3279	3925	2.7 ± 0.3	
Vitamin K, µg/d								
Naturally occurring	86.7 ± 1.5	41.3	55.6	77.3	107	144	27.6 ± 1.2	
+ enriched/fortified	88.2 ± 1.5	41.5	56.1	78.4	109	147	28.9 ± 1.2	
+ dietary supplements	94.7 ± 1.6	43.2	59.2	83.8	118	160	33.9 ± 1.3	

<sup>1</sup>Data source: NHANES 2003–2006; *n* = 8,860.

<sup>2</sup>Usual intake determined using the NCI method; covariates included recall number, weekday/weekend day, and dietary supplement use (yes/no).

<sup>3</sup>Nutrient identified by 2010 Dietary Guidelines Advisory Committee as being a nutrient of public health concern.

<sup>4</sup>Total dietary folate equivalent (folate from supplements multiplied by 1.7 and folic acid added from fortification and enrichment multiplied by 1.7 summed with naturally occurring food folate); UL values are for folic acid.

<sup>5</sup>UL values are for added/supplemental sources only (naturally occurring food sources not included).

<sup>6</sup>EAR values determined by probability method.